

WE CLAIM:

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1. A seat for a chair, the seat comprising:
 - a) a first support surface disposed in a first plane and adapted to distribute the downward load of a person's trunk across the area of the buttocks to provide support for the sit bones; and
 - b) a second support surface disposed substantially forwardly of the first support surface in a second plane angled downwardly in relation to the first plane and adapted to support a person's thighs.
 2. A seat according to claim 1 wherein the first support surface is substantially planar.
 3. A seat according to claim 2 wherein the second support surface is substantially planar and wherein the plane of the first support surface and the plane of the second support surface intersect so that when the first support surface is substantially horizontal, the second support surface extends substantially forwardly and downwardly with respect to the first support surface.
 4. A seat according to any one of claims 1, 2, or 3 wherein the first support surface of the seat is disposed at a height above the floor the lesser of:
 - i) substantially $\frac{1}{3}$ of a person's standing height; and
 - ii) the length of a person's legs measured from the floor to a height slightly above the knees.
 5. A seat according to any one of claims 1 to 4 wherein the first support surface is a substantially planar surface having a perimetrical extent sufficient to extend under a person's buttocks to support the sit bones.

P2
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6. A seat according to any one of claims 1 to 5 wherein the second support surface is a substantially planar surface having a perimetrical extent sufficient to extend under and support a person's thighs.
7. A seat according to any one of claims 1 to 6 wherein the second support surface comprises a forward facing edge and the front-to-back length is such that the forward facing edge is located just before a person's knees.
8. A seat according to any one of claims 1 to 7 wherein the second support surface is angled downwardly in relation to the first support surface by an angle ranging from about 10° to about 30°.
9. A seat according to any one of claims 1 to 7 wherein the second support surface is angled downwardly in relation to the first support surface by an angle of about 20°.
10. A seat according to any one of claims 1 to 9 wherein the first support surface and the second support surface are joined along a common edge.
11. A seat according to claim 10 wherein the common edge has a rounded profile.
12. A seat according to claim 11 wherein the rounded profile of the common edge is about 12 cm. radius.
13. A seat according to any one of claims 1 to 12 further comprising a pommel extending upwardly from at least one of the support surfaces.

Q2
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14. A chair comprising a seat, the seat comprising:

- a) a first support surface disposed in a first plane and adapted to support the downward load of a person's trunk at the sit bones; and
- b) a second support surface disposed substantially forwardly of the first support surface in a second plane angled downwardly in relation to the first plane and adapted to support a person's thighs,

wherein the height of the first support surface above the floor is determined in use to be sufficient to allow a person's feet to be squarely resting on the floor when the person is seated on the seat.

15. A chair according to claim 14 wherein the first support surface is substantially planar.

16. A chair according to claim 15 wherein the second support surface is substantially planar, and wherein the plane of the first support surface and the plane of the second support surface intersect so that when the first support surface is substantially horizontal, the second support surface extends substantially forwardly and downwardly with respect to the first support surface.

17. A chair according to any one of claims 14 to 16 wherein the first support surface of the seat is disposed at a height above the floor the lesser of:

- i) substantially $\frac{1}{3}$ of a person's standing height; and
- ii) the length of a person's legs measured from the floor to a height slightly above the knees.

18. A chair according to any one of claims 14 to 17 wherein the first support surface of the seat is a substantially planar surface having a perimetrical extent sufficient to extend under a person's buttocks to support the sit bones.

P2
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19. A chair according to any one of claims 14 to 18 wherein the second support surface of the seat is a substantially planar surface having a perimetrical extent sufficient to extend under and support a person's thighs.

20. A chair according to any one of claims 14 to 19 wherein the second support surface has a forward facing edge and its front-to-back length is such that the forward facing edge is located just before a person's knees.

21. A chair according to any one of claims 14 to 20 wherein the second support surface is angled downwardly in relation to the first support surface by an angle ranging from about 10° to about 30°.

22. A chair according to any one of claims 14 to 21 wherein the second support surface is angled downwardly in relation to the first support surface by an angle of about 20°.

23. A chair according to any one of claims 14 to 22 wherein the first support surface and the second support surface are joined along a common edge.

24. A chair according to claim 23 wherein the common edge has a rounded profile.

25. A chair according to claim 24 wherein the rounded profile of the common edge is about 12 cm radius.

26. A chair according to any one of claims 14 to 25 further comprising a pommel extending upwardly from at least one of the support surfaces.

Q25
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27. A method of constructing a chair for a specific person, the chair comprising a seat that provides independent support to both the person's sit bones and thighs, the seat comprising a first support surface to support the downward load of the person's trunk at the sit bones, and a second support surface to support a person's thighs, the method comprising obtaining certain measurements and using those measurements to select and arrange the support surfaces in the chair, the measurements include:

- a) obtaining a measurement for the height of the first support surface above a floor so a person can sit in the chair with the feet resting on the floor and the second support surface providing independent support to the thighs; and
- b) obtaining a measurement for the front-to-back length of the second support surface so that a forward facing edge of such support surface is located just before a person's knees,

and the selection and arranging of the support surfaces in the chair include:

- I) arranging the first support surface in the chair at the height determined from step a) above with the first support surface disposed in a first plane; and
- II) arranging the second support surface having a front-to-back extent determined from step b) above in the chair substantially forwardly of the first support surface in a second plane angled downwardly in relation to the first plane.

28. A method according to claim 27 wherein step a) above comprises obtaining a measurement the from the person which is the lesser of:

- i) substantially $1/3$ of a person's standing height; and
- ii) the length of a person's legs measured from the floor to a height slightly above the knees.

Q2
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29. A method according to claims 27 or 28 wherein step b) above comprises obtaining a measurement of the length of a hand of the person as measured from the wrist to the end of the middle finger.

30. A method according to any one of claims 27 to 29 wherein step II) above further comprises angling second support surface downwardly in relation to the first support surface by an angle ranging from about 10° to about 30°.

31. A method according to any one of claims 27 to 29 wherein step II) above further comprises angling second support surface downwardly in relation to the first support surface by an angle of about 20°.